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In the News

- FDA approves Hysingla ER, a long acting abuse-deterrent hydrocodone to treat pain severe enough to require daily chronic opioid therapy.
- Will the new Governor of Massachusetts be more understanding of chronic pain problems while combating illegal prescription drug use?
- Consensus is still lacking about the role of Abuse-Deterrent Opioids as a solution to the need for both treating pain & avoiding opioid misuse.
- A revised Joint Commission Pain Management Standard; goes into effect 1/1/15 to promote the consideration of both pharmacologic and nonpharmacologic approaches; while considering both benefits to the patient, as well as the risks of opioid dependency, addiction & abuse.
- Recently retired from FDA, Bob Rappaport’s outstanding contribution to the pain field is recognized through an American Pain Society award.

Journal Watch  [MGHers can obtain articles through the Treadwell home page]

Managing Pain and Its Management at MGH

Serbic Palliative Care Grand Rounds

Tools and Techniques for Effective Pain Management

See Check out AHRQ comparative effectiveness reviews on Fri Jan 16

Low level laser therapy, ultrasound, &/or TENS

CAM (Complementary and Alternative Medicine)

A Tibetan herb alleviates spinal hypersensitivity (hyperalgesia & allodynia) associated with some (neuropathic) forms of chronic pain.

A mindfulness based structured program improves physical & psychosocial function better than a support group for those with chronic pain.

Ear acupressure combined with transcutaneous electric acupoint stimulation cut pain, medication use and side effects after back surgery.

Low level laser therapy, ultrasound, &/or TENS have mounting evidence of effectiveness when used with physical therapy to relieve pain.

See Dr. Weil’s Anti-inflammatory Food Pyramid reflecting a diet research supports can cut painful inflammation, including rheumatoid arthritis.

Pain Resources on the Web:

Managing Chronic pain in Adults With or in Recovery from Substance Use Disorders equips clinicians with practical guidance and tools.

Pain Information Page links to a broad range of understandings of pain (general and specific types/diagnoses) and techniques to relieve it.

How much do you know about low back pain? Test your knowledge of risk factors for acute and chronic low back pain.

Check out AHRQ comparative effectiveness reviews on Acute Migraine Treatment that accounts for over 2 million Emergency Setting visits.

Pain-Related Education Opportunities

Mon Dec 8th "What Is Going on in the U.S. to Improve Pain Treatment & Deter Prescription Drug Abuse?" 1 p.m. webinar with CE credits

Fri Jan 16 – 30th Learn about pain and its relief while cruising in style across the South Pacific. Including Fiji, Port-a-Vila, and Sydney.

MGH Pain Calendar

Pain and Its Management at MGH (Level I) – Fri, Nov 7th. Founders House 325 8am – 9am. No registration required. email for info

Tools and Techniques for Effective Pain Management (Level II) – Wed, Jan 14th 2015 Founders House 325 @ 1-5pm Sign-up.

Palliative Care Grand Rounds are Wednesday morning from 8:00 AM – 9:00 AM in the Ether Dome.

MGH Pain Resources

The Patient Education Television: Dial 4-5212 from patient’s phone then order: (see handbook f http://handbook.partners.org/pages/168 for listing: #120 Acute Pain #279 for Chronic Pain; #280 for Cancer Pain; #281 for Communicating Pain; #282 for Pain Medications; Excellence Every Day Pain Portal Page: http://www.mghpcs.org/ecd_portal/EED_pain.asp
The MGH Center for Translational Pain Research: http://www.massgeneral.org/painresearch
MGH Palliative Care: http://www.massgeneral.org/palliaticecare
MGH Formulary (includes patient teaching handouts in 16 languages): http://www.crlonline.com/crlsql/servlet/crlonline
Intranet site for MGH use to locate pain assessment tools and policies: http://intranet.massgeneral.org/pcs/Pain/index.asp

MGH Cares About Pain Relief
Massachusetts General Hospital
PainRelief@partners.org http://www.mghpcs.org/painrelief

To be added to or removed from the Pain Relief Connection mailing list, send an email to PainRelief@partners.org